

ARMY PHYSICAL FITNESS TEST WAIVER		NAME:	
		SSN:	
FROM: G-3 Special Missions		TO: G-3 Waivers	DATE:

SECTION I - DISAPPROVED
(Waiver is disapproved if any one item or multiple items selected.)

Codes in Block 2 of DA Form 3349 (Physical Profile) as follows (in accordance with AR 40-501, table 7-2):

☐ B - Assignment limitations intended to protect against further injury.

☐ C - Limitations in running, marching, standing for long periods of time.

☐ D - Limitations in any type of strenuous physical activity.

☐ F - Limitations prohibiting assignment or deployment outside continental United States.

☐ G - Limitations prohibiting wearing Kevlar, LBE, lifting heavy materials or overhead work.

☐ H - Limitations on duty where sudden loss of consciousness would be dangerous to self or others.

☐ N - Limitations restricting wearing of combat boots.

☐ V - Deployment (specifics should be in records).

☐ X - Soldier retained in military with defect that is below medical retention standards (in accordance with AR 40-501, chap 2).

☐ Limitations that restrict an applicant from performing physical fitness training in formation.

☐ *An applicant who cannot complete the 6.2 mile ruck march for Warrant Officer Candidate School (WOCS) or 12 plus miles for Officer Candidate School (OCS) with 48 pounds or more ruck.

☐ Applicant required the swim or bike as the alternate event to the Army Physical Fitness Test (APFT) run event (walk event accepted).

☐ Unable to run at own pace and distance.

☐ Walking limitations.

☐ Not fully deployable.

☐ Disqualified physical.

☐ Other (explain in the comments block).

*Subject to change FY09.

Disapproved waivers will not be reevaluated for a minimum of 6 months. The applicant's physician must annotate in Block 20 on the updated profile any references to progress through rehabilitation, improved physical condition or other reason(s) for updating profile.

SECTION II - RETURNED WITHOUT ACTION
(Waiver is returned without action if any one item or multiple items selected.)

☐ Physical does not specify type of commissioning, WOCS or OCS.

☐ Any temporary profile.

☐ Missing USAREC waiver approval for disqualified physical in accordance with AR 40-501, chapter 2.

☐ A PULHES mismatch between DD Form 2808 (Report of Medical Examination) and DA Form 3349.

☐ Incomplete packet.

Returned without action waivers will be held at USAREC until the discrepancies are fixed. Repaired paperwork will need to be completed by a physician only. Documents that have white out or pen-and-ink changes by applicants will not be accepted.

SECTION III - APPROVED

☐ The enclosed request for APFT waiver has been reviewed by the Army G-3 and based upon the Soldier's physical profile and the needs of the Army, the APFT waiver is approved.

This waiver is voided if the Soldier receives a new permanent profile dated after signature date of this form. This waiver requires that the Soldier must be able to complete the following APFT events when arriving to HHC WOCS (check items Soldier must complete to enter WOCS according to permanent profile):

☐ Pushup ☐ Situp ☐ 2-mile run ☐ 2.5-mile walk

SECTION IV - SIGNATURE

COMMENTS:	SIGNATURE:
	NAME AND RANK:
	TITLE:
	DATE: